

NASA HEALTH PROMOTION AND WELLNESS TEAM

Minutes for: March 17, 2003 ViTS

Welcome: Good afternoon. My name is Mae Hafizi and I welcome you to second ViTS for FY 2003. Today's agenda was emailed to you last week. In summary, we will be covering the following topics: The President's Challenge for an Active Lifestyle, Asthma and Allergies, Ergonomics and the Influenza Vaccine.

For the record, we will begin with attendance and roll call. I would like to start alphabetically so we will begin with Ames.

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	PC	<input type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

Topic: The President's Challenge for an Active Lifestyle

Mae Hafizi

The 3rd Quarter FY 2003 Health Promotion Campaign has been dedicated to the implementation of the President's Challenge for an Active Lifestyle. This period (Quarter) spans from April 1st to June 30th 2003.

We chose this particular topic for two main reasons. First, May 16th is National Employee Health and Fitness Day (NEHFD). Secondly, the issues of physical inactivity drive many of the HP 2010 objectives. We believed The President's Challenge would serve as an innovative and interesting mean to recognize NEHFD and to operationalize the goals of HP 2010.

We have also been working with the Graphics Department at KSC in developing an Agency wide logo and a poster design for the Campaign. We will receive the first draft in two days, March 19th. As soon as the process is finalized we will mail a hard copy and an e-version of the logo and the poster to you.

We also have available to you the electronic log that was created at KSC by Dr. Woodard. The system assists the participants of the Active Lifestyle Challenge to keep track of their progress and daily activities. If you are interested ~~to use~~ in using the database we have copies of it available for distribution.

Starley Gensman and Dr. Charles Smallwood from KSC have graciously accepted our invitation to discuss their progress with the implementation of the Challenge at KSC. As you recall, Dr. Smallwood had made a presentation during our December ViTS. KSC's

Health Education and Wellness working group officially implemented the Challenge on February 10th, 2003. Starley has an update about the efforts at KSC.

Starley Gensman

We began the challenge on Feb 10th, 2003 with the hope that employees will participate in multiple six-week periods rather than just one. The last date an employee can enter the challenge will be Nov 10th with the six-week period ending on Dec 21st. We hope to continue with the challenge over time and over many years as physical activity becomes a habit rather than a short-lived venture. On the PP presentation I have included the poster and the logo created locally for KSC/CCAFS other wise known as the Spaceport. The Center Director sent a letter to all Department Managers and contractors urging them to support the challenge. Because of the Columbia situation our three speakers were postponed but we are working on rescheduling their talks. Their programs will be available on NASA Channel 60. I also have available on the slides the front page of the database we are utilizing in data collection and analysis. It is a user-friendly, access based e-log located on our fitness website. I encourage you to use it. You can locate it on fitness.ksc.nasa.gov/challenge.

We have obtained support from local vendors in the form of small and large prizes. Active participants in the challenge ~~we~~ will receive some of the items as incentive to continue. We welcome the employees to join our surveillance group or participate on their own. As part of the surveillance group we obtain a set of baseline data such as Ht, Wt and BMI to assist with the study and outcome measure. Dr. Smallwood urged the centers to utilize the log and to consider a friendly competition. By utilizing the log NASA can study employee health across the agency.

Topic: Asthma and Allergies

Mae Hafizi

The 4th Quarter Health Promotion Campaign is dedicated to Asthma and Allergies. The agenda attachment that was emailed to you last week detailed a variety of Asthma and Allergy related educational materials that you will be receiving. The materials include brochures and pamphlets as well as an educational CD for worksite clinics. The CD was highly recommended. Its focus is on educating the Clinician not the affected employee. We hope that you find all the material useful.

Similarly, included in the agenda attachment (list) were four links from the American Lung Association. The links are to Asthma and Allergy Profilers for the patient and the practitioner. I accessed the patient profiler. The access process was easy and the profiler was a mini Health Risk Assessment specific to Asthma and Allergies. Please take the time to utilize the site and let us know what you think.

Topic: Ergonomics

Centers

I would like to invite each center to briefly share your experiences with respect to the 1st Quarter's Health Campaign topic, Ergonomics. I would like to do this alphabetically again so we will begin with Ames.

Ames

Marian is 100% devoted to ergonomics offering small classes, worksite evaluations and Train-the-Trainer programs. She has recently attended the Applied Ergonomics Seminar

which she found very useful. The Mock up room has been visited by 35 employees in the past three months. We are working hard to develop a more proactive program in ergonomics by utilizing Marian on full time basis. All handouts were received well by the employees.

JSC

JSC has had a long standing Ergonomics Committee that is working towards becoming more visible and vigorous in nature while working closely with contracts and furniture. All the education material is gone and the IH folks are putting together monthly educational programs that include lectures and posters.

Glenn

The Clinic at Glenn works closely with safety on the issue of ergonomics. Our team leader works very hard to develop a very proactive panel in identifying high-risk jobs and population. Four people attended the Applied Ergonomics Seminar and we are meeting this week to discuss their newly gained knowledge. We have increased assessments by 75%. The laminated cards went fast and people liked them. We also tried to send the educational material with the results of physicals to the employee.

Langley

Safety has taken the lead on the issue of ergonomics. We are visiting all cafeterias with the educational material and now we will be offering information related to the President's Challenge. The development of an ergonomics policy is in the works.

KSC

Representative was not present to provide details on their ergonomics efforts.

Stennis

Safety is the leader in ergonomics. They are giving a great focus to training and awareness and worksite surveys. Safety has been doing a lot of office surveys but they are branching out to industrial. We are actively pursuing the purchase of ergonomic software to impose breaks. Similar to Ames, Stennis has a mock up room.

Michoud

The clinic staff refers employees for evaluation to the safety folks and we consult them on special cases. The materials were left in the lobby.

Marshall

The IH group continues with their assessment. During the months of February and March 708 people attended ergonomics training.

Wallops

All the materials were given out during Physicals and ill visits as well as left in the lobby. We do not offer on site ergonomics assessment but do refer the employees to OSHA's self-help site.

White Sands

We have added ergonomics training to our new hire orientation to include booklets and self-help guides. Our IH folks have developed a proactive program.

Topic: Flu Immunization Statistics (PP slides)

Mae Hafizi

Agency wide you vaccinated close to 20,000 employees, 19,848 to be exact. A statistically insignificant drop from last year's efforts was noted i.e., forty-three (43)

fewer employees were vaccinated. The last slide separates Civil Servants from Contractors and pretty much indicates the same trends in the past three years.

We were curious to learn about the concept of herd immunity with respect to the Flu Vaccine so we contacted the local County Health Department. We learned that herd immunity is reached when approximately 80-90% of the population is immunized. At a quick glance we noted that we did not come close to the stated percentile. There are many variable at hand here for example, we do not know how many people receive their immunizations off site. However, we felt this is an interesting topic to bring to your attention.

The epidemiologist at the Health Department stated that immunization for Influenza is most aggressively done in the Residential and Skilled Nursing Facilities in which the residents are vaccinated but not the employees. Therefore, the potential for transmission still remains from staff to residents. Nonetheless, the program has been successful in decreasing hospitalization in the elderly population secondary to pneumonia. The program has also reduced the number of deaths associated with the illness in the elderly.

JSC reported their first confirmed Influenza case in an employee who had received the Flu vaccine. JSC also asked if the Agency has made a statement about travel overseas during the pneumonia outbreak. HQ stated that there are no plans to stop travel but the centers will be notified as soon as they are any changes or development. OH Support Office has CDC links on the OHP Website as early as this morning relevant to the outbreak.

Topic: Future ViTS

Mae Hafizi

Future ViTS have been scheduled on the following dates: June 16th, September 15th and December 15th at 15:30 EST. Hope to see you all back and thank you for your participation. We will adjourn now unless you have any questions.

We look forward to any feedback and/or suggestions about the chosen health topics and the ViTS. Please contact us and we will see you in June.